





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BORDER VIEW FAMILY YMCA GROUP EXERCISE SCHEDULE | SEPTEMBER


MORNING


MONDAY


ZUMBA® 6:15-7:00
Luis (I)  


STRENGTH 7:00-8:00
Anna (I)


EXTREME FIT 8:00-8:55
Anna (I) 


EXERCISE LITE 9:00-9:30
Gladys (T) 

EXTREME FIT 6:00-6:25
Gladys (T) 

ZUMBA BURST® 9:00-9:30
Kelley (I) 

ZUMBA CORE® 9:35-10:05
Kelley (I)  

POWER YOGA 10:00-10:55
Cristina (T) 

STRENGTH & CONDITIONING 5:00-6:00 pm
Eddie (T) 

ZUMBA 6:00-6:55
George (T)

ZUMBA STRONG® 7:00-7:55
Luis (T)

VINYASA YOGA 8:00-8:55
Allison B. (T)

TUESDAY

ZUMBA® 6:15-7:00
Luis (I)  

CXWORX 7:00-7:30
Gladys (I) 

TRX® 7:30-8pm
Gladys (I) 

GENTLE YOGA 8:00-8:55
Christine (T)   

ZUMBA® 9:00-9:55
Eric (GYM) 


YOGA(MOBILITY, FLEXIBILITY, STABILITY) 9:00-10:00
Jose (I)


CHAIR YOGA 10:00-10:55
Christine (T)   


MEDITATION 11:00-11:30
Christine (T)  

BARRE FIT 11:40-12:25
Anne G (T)

PIYO® 4:00-4:55
Karla (T)

ZUMBA® 5:00-5:55
Kelley (T) 



CYCLING 6:30-7:00
Diorella (T) 


EXTREME FIT® 6:00-6:30
Diorella (T) 


DANCE! LATIN 7:00-7:55
Luis (T)


ZUMBA® 8:00-8:55
George (GYM)



WEDNESDAY

STRENGTH 6:15-7:00
Gladys (T)  

TRX® 7:30-8:00
Gladys (I) 

YOGA 8:30-9:05
Anne G (I) 

BODYPUMP® 8:15-9:15
Christina (T) 


ROCK STEADY 9:10-10:05
Maria (I)  

CYCLING 9:30-10:25
Gladys (T)

VINYASA YOGA 10:30-11:30a
Katie (T)


ZUMBA® 5:00-5:55
Leticia (T)


ZUMBA® 6:00-6:55
George (T)

STRONG by ZUMBA® 7:00-7:55
Luis (T) 

VINYASA YOGA 8:00-8:55
Allison B. (T)

THURSDAY

ZUMBA® 6:15-7:00
Luis (I)  

POWER YOGA 8:00-8:55
Katie (T)  

ZUMBA 9:00-9:55
Kelley (T & I) 

TRX® 10:00-10:30
Gladys (I) 

Interval Training 10:30-11:00
Gladys (I) 



ADAPTIVE YOGA 10:00-10:55
Christine (T)


PIYO® 4:00-4:55
Karla (T)


CYCLING 5:00-5:30
Gladys (T) 

CARDIO KICKBOXING 5:30-6:05
Gladys (T) 


TRX 6:00-6:30
Anna (I) 

EXTREME FIT 6:30-6:55
Anna (I)  



BODY PUMP 6:00-6:35
Diorella (T) 


CX WORX 6:35-6:55
Diorella (T) 



STRONG by ZUMBA® 7:00-7:55
Gonzalo (T)


ZUMBA® 8:00-8:55
Claudia (T & I) 


FRIDAY


STRENGTH 6:15-7:00
Anna (I)  

CORE FIT 7:00-7:30
Anna (I) 


EXTREME FIT 8:00-8:30
Anna (I)  

TRX® 8:30-9:00
Anna (I) 

BODY PUMP® 8:15-8:45am
Gladys (T) 

CX WORX 8:45-9:25
Gladys (T) 

CYCLING 9:30-10:05
Gladys (T)

DANCE! GOLD 9:00-9:55
Claudia (I) 

ZUMBA® 10:00-10:55
Claudia (I)

ZUMBA BURST® 5:00-5:30
Kelley (T)


ZUMBA GLUTES® 5:30-6:00
Kelley (T)


SATURDAY


INSANITY® 8:00-8:55
Don (I&T)


STRONG by ZUMBA® 9:00-10:00
Gonzalo (T)


POWER YOGA 10:10-11:05
Katie (T)


 **PASS REQUIRED.** Please pick up a pass at the Welcome Center


 **BABY FRIENDLY.** Babies in stroller or carriers are allowed

 **Y ACTIVE ADULT.** Activities designed for older adults

 **GETTING STARTED.** A great place to begin or restart your exercise program

 **INTERMEDIATE/ADVANCED.** Higher intensity and advanced instruction provided

 **7+** Children ages 7—12 and parent/guardian must actively participate together. OR, minimum age denoted.

 **Hybrid Class** -Whatever your flavor or need, chances are you can find a class or encourages someone to start one. Or try a class that combines cardio and strength training, such as an indoor cycling class combined with TRX or yoga.

LOCATIONS

(T) Triumph **(I)** Inspire

(WC) Wellness Center



BORDER VIEW FAMILY YMCA

GROUP EXERCISE DESCRIPTION | SEPTEMBER

BALANCE & STABILITY

Reduce the risk of falling through improved balance.

BODYPUMP®

A pre-choreographed full-body workout program using light to moderate weights, performing high repetitions.

CARDIO BLAST

A total body high intensity cardio and strength workout

CARDIO KICKBOXING

Non-contact, high intensity boxing and kickboxing movements

CORE FIT

Strengthen your abs, obliques, lower back and more in this core-focused class

CYCLING

Cardio workout to music on specially designed stationary bicycles. Workout towel required.

CXWORX

Pre choreographed, challenging but achievable 30 minute core training workout using crunches, hovers, resistance tubes, and weight plates

DANCE! GOLD

A modified dance inspired workout. No partner or special footwear required.

EXERCISE LITE

Low impact workout followed by strength and stretching exercises, may include floor work

EXTREME FIT

Rigorous boot camp circuits combining plyometrics, agility, strength, and cardio exercises

INSANITY®

A challenging, group-focused athletic training, cardio conditioning, and total-body strength class

PIYO®

A sequence of carefully performed movements that strengthen the body, open joints and release tension

STRENGTH

A full body strength and conditioning class using a variety of equipment

STRENGTH & CONDITIONING

Ideal for ATHLETES and MEMBERS trying learn proper technique, increase mobility, power, strength, and endurance, and prevent injury. Highly intense Conditioning to increase performance.

STRONG BY ZUMBA® High Intensity Interval Training driven by the science of synced music motivation

TRX®

A Suspension training system that leverages gravity and your body weight to perform a variety of exercises

HYBRID

Ideal for members looking to increase flexibility, mobility, and stability that will enhance performance

YOGA

ADAPTIVE Ideal for pre & post-natal moms, injury recovery and people with mobility challenges

CHAIR Enjoy the benefits of yoga utilizing a chair for support

GENTLE Breathing and relaxation in postures that are gentle on the joints

POWER Dynamic and challenging high-energy workout for experienced Yogis

VINYASA Series of poses that unite movement with breath

ZUMBA®

Combines unique Latin moves and rhythms to create an exciting dynamic workout.

ZUMBA BURST® Combines strength and resistance training with innovative dance moves

ZUMBA GLUTES® Focus on your glutes with dynamic, easy to follow movements

ZUMBA CORE® Fast and slow rhythms sculpt and tone the core

MONTHLY UPDATES NEW GROUP CLASSES + HYBRID CLASSES

HYBRID - Ideal for members looking to increase flexibility, mobility, and stability that will enhance performance

PT Consultations - Ideal for members looking gain insight and guidance by a professional. Schedule today!

Boot camp - Ideal for looking to push themselves with friends and family

New instructors—**Anne Gonzalez** (Yoga , Barre, Hula Fit), **Eddie Garcia** (PT ,strength & conditioning) **Jose Vital** (PT, YOGA)

New Trainers— **Diana Corrales**(PT) , **Gordon Gebauer** (PT), **Denon Alderson** (PT, YOGA, Supervisor)

CLASS POLICIES

- All classes, times and instructors are subject to change or cancelation. Please adhere to our group exercise etiquette.
- **No entry allowed after 10 minutes of posted class time.** Have fun and get to know your instructor!

HYBRID CLASSES

Combine unique AND diverse classes together for a 1 hour experience! Try a class that combines cardio and strength training, such as an indoor cycling class combined with TRX or yoga.

FOR YOUR CONVENIENCE, WE OFFER CHILD WATCH:

Mon - Thur: 7:45am-1:00pm & 3:00pm-9:00pm

Saturdays: 7:45am-1:00pm